WHAT IS CLAIMED IS:

- 1. (Amended)A building panel comprising at least two panel domains, wherein each panel domain has an essentially homogeneous compressive strength and an average compressive strength; wherein said panel:
 - (a) has at least two panel domains having different average compressive strengths;
 - (b) is essentially free of a combination of hollow and solid foam strands;
 - (c) has an essentially uniform panel thickness;
 - (d) when in a cavity defined by cavity walls, has a compressive recovery that supplies sufficient pressure against the cavity walls to frictionally retain the building panel within the cavity, said pressure being 100 Newtons-per-square-meter or more and 200,000 Newton-per-square-meter or less;

and wherein, if said panel has at least two adjacent panel domains containing fibrous material with a fiber orientation, the fiber orientation of one panel domain is non-orthogonal to the fiber orientation of at least one adjacent panel domain and wherein the panel has an edge containing a panel domain extending through the thickness of the panel at that edge.

- 2. (original) The panel of Claim 1, wherein at least two domains differ in average compressive strength by at least 5%.
- 3. (original) The panel of Claim 1, wherein at least one panel domain is a conformable panel domain that, when compressed, reduces at least one dimension of the panel thereby allowing insertion of the panel into a cavity; wherein the panel also has a compressive recovery

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that causes frictional retention of the panel within the cavity.

- 4. (original) The panel of Claim 1, wherein at least one panel domain is a conformable panel domain that allows the panel to reversibly bend from a planar to a non-planar configuration.
- 5. (original) The panel of Claim 1, wherein the panel has a primary face, a face opposing the primary face, a panel thickness, and a slit penetrating to a depth less than the panel thickness traverses the primary face or the face opposing the primary face.
- 6. (original) The panel of Claim 1, wherein the panel has alternating conformable and rigid panel domains.
- 7. (original) The panel of Claim 1, wherein the panel has a perimeter and said perimeter comprises at least one conformable panel domain.
- 8. (original) The panel of Claim 1, wherein the panel has a conformable panel domain along at least one edge.
- 9. (original) The panel of Claim 1, wherein the panel domains are bands.
- 10. (original) The panel of Claim 1, wherein the panel has at least one edge that comprises a tongue or groove profile.
- 11. (original) The panel of Claim 1, wherein at least one panel domain is a polymeric foam.
- 12. (original) The panel of Claim 11, wherein each panel domain comprises a polymeric foam.
 - 13. (delete)
 - 14. (delete)
- 15. (original) The panel of Claim 11, wherein at least one panel domain has an open cell content of 5

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percent or more, according to American Society for Testing and Materials method D2856-A.

- 16. (original) The panel of Claim 1, wherein at least one panel domain comprises coalesced polymeric foam strands.
- 17. (original) The panel of Claim 16 wherein the coalesced polymeric foam strands comprise polypropylene.
- 18. (original) The panel of claim 16, wherein at least one panel domain comprises coalesced polymeric foam strands having interstrand spaces.
- 19. (original) The panel of Claim 1, wherein the panel comprises coalesced polypropylene foam strands having an average cell diameter within a range of from 0.01 millimeters to 10 millimeters, and having a density within a range of from 5 kilograms per cubic meter to 100 kilograms per cubic meter; wherein at least one panel domain has an open cell content of 5 percent or more, according to American society for Testing and Materials method D2856-A.
- 20. (original) The panel of Claim 11, wherein the foam's average cell diameter is within a range of from 0.1 millimeters to 4 millimeters, the foam's density is within a range of from 5 kilograms per cubic meter to 50 kilograms per cubic meter, and wherein the foam has an open cell content of 50% or greater, according to American society for Testing and Materials method D2856-A.
- 21. (New/Claim) The panel of Claim 1 wherein at least one edge of the panel is a conformable domain.
- 22. (New Claim) The panel of Claim 1 wherein the panel domains extend through the thickness of the panel.